

Name \_\_\_\_\_

Date \_\_\_\_\_

**Flexibility PowerPoint Notes**

Directions: View the PowerPoint presentation and then answer the following questions.

1. What is Flexibility?

2. What are the benefits of having good flexibility?

3. What is the FITT Principle for improving Flexibility?

Frequency

Intensity

Time

Type

4. Describe the four principles of flexibility:

Overload

Progression

Specificity

Maintenance